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Holistic Approach to Health IWU Wellness Fair 2000, Set for April 20, Will Showcase Wide Range of Community Services; Six Special Evening Education Sessions Slated

BLOOMINGTON, Ill.—A half-dozen educational sessions—timed for the evening to accommodate daytime workers—are a new highlight of Illinois Wesleyan University's fourth annual Wellness Fair, slated for April 20 (Thursday).

The first part of the Wellness Fair—featuring more than 50 vendors—will run from 10 a.m.-3 p.m. in the Shirk Center, Performance Gym, 302 E. Emerson, Bloomington.

The second part of the Wellness Fair will convene from 6-9 p.m. and will feature breakout sessions headed by local physicians and others on a wide-range of health-related topics. They will include youth in crisis; a drug-free approach to treating attention deficit disorder and hyperactivity; integrative medicine in an OB/GYN medical practice; vitamin, mineral, and herbal supplements, and other subjects. Two concurrent breakout sessions, located in the Shirk Center classrooms north and south, will take place in three time blocks: 6-6:50 p.m., 7-7:50 p.m., and 8-8:50 p.m. Many daytime vendors also will be on hand for the evening sessions.

Both parts of the Wellness Fair, which is expected to attract about 700 visitors, are open to the public, admission free.

"We want people to explore and learn about services available to them in the community—services they might not have a clue about," explained IWU Wellness Director Missy Smock.

Typically, Wellness Fair programming features medical specialists (chiropractic, podiatry, ophthalmology, and other fields), complimentary therapies (acupuncture, spiritual opportunities, healing arts), free health screenings, and information about local activities and recreational resources.

The Wellness Fair, Smock said, takes an integrative approach to medicine and health, offering information to enhance the body, mind, and spirit.

"The diversity of services at the Wellness Fair," Smock said, "range from traditional or western approaches to health and spiritual themes to nutrition, health screenings for blood pressure and

blood chemistry—like cholesterol—as well as various types of therapies, including massage, children’s care, women’s health issues, and health-care needs of the elderly."

Other vendors participating in the Wellness Fair will deal with subjects spanning financial planning to personal coaching, divorce support groups and the Alexander technique, a set of exercises that improve posture, release muscle tension, and increase mobility.

One vendor focusing on nutrition, for example, will have information about phytochemicals and glyconutrients.

"These are essential nutrients normally in food," Smock explained, "but for some reason we're not seeing them in the quantity we used to in vegetables, fruits, and grains. This vendor will have educational information about how to get them into our diets, which is important since they help the body's immune system."

The Wellness Fair, according to Smock, has built a reputation over the years for giving people solid information about integrative medicine and adjunct therapies. Smock has fielded inquiries, for example, from as far away as Virginia concerning adjunct therapies—such as the availability of energy healing services—for a cancer patient.

"Afterwards," Smock said, "I often hear about how people have benefited from these services."

The Wellness Fair is sponsored in cooperation with IWU's School of Nursing, with sophomore nursing students participating in the fair.

For more information about the Wellness Fair, call Missy Smock, IWU wellness director, at 309/556-3334.

IWU, founded in 1850, enrolls about 2,070 students in a College of Liberal Arts, and individual schools of Music, Theatre Arts, Art, and Nursing. Since 1994, these facilities have been added to the IWU campus: a \$15 million athletics and recreation center, a \$25 million science center, a \$6.8 million residence hall, a \$5.1 million Center for Liberal Arts, and a \$1.65 million baseball stadium. A \$26 million library and a \$6 million student center are under construction.

Kiplinger's Personal Finance Magazine ranks Illinois Wesleyan University 12th among the nation's 1,600 private colleges in providing a high-quality education at an affordable cost. Also sharing IWU's rank are Princeton and Dartmouth.